



Heritage Center

The Heritage Center is 55+

June 2016 Supplement

#10 E. 6150 S.
801-264-2635

Accredited by 
National Institute of
Senior Centers

Director's Final Report by Susan H. Gregory

After 35 years of employment with Murray City and 33 of those years at the Heritage Center, I am announcing my retirement. It has been a wonderful 35 years! I started with Murray City back in high school teaching swimming lessons and lifeguarding at Murray Park. I was hired as the full time Recreation Assistant for the Parks Department back in 1980, just as I was getting close to graduation from Utah State University. After working a few years as the Recreation Assistant planning youth and adult sports, I transferred in May of 1983 to the Heritage Center to try my hand at programming for senior adults and it was the best move I could have made! I loved my work at the Heritage Center and I knew I would be here for a long time so I wanted to learn everything I could about aging and recreation so I went back to school at the University of Utah finishing a masters degree in Recreation Administration and a graduate certificate in Gerontology. I was promoted to Director in 2001 and through the past 33 years I have made many friends and sadly I have lost many friends. I have seen the Center grow, change and evolve, and I'm excited for what the Center can do in the future for the growing older adult population in our community. I have worked with a hard working staff, wonderful supportive volunteers, and great participants. Together I think we have made the Heritage Center the best Center in the state. I feel like I have a very large extended family because of the many friendships I have made here at the Heritage Center. I love you all. I won't say that I didn't have my challenges over the past 33 years, it has been a challenging job and I've learned a lot. I learned from the past Director to keep your standards high and expect hard work and a quality job from everyone. I joke with people that the Center is now complete and ready for my retirement. It is with mixed emotions that I announce my retirement. I have loved my work but I'm so excited to play for awhile. When I started working at the Center at the age of 23 everyone told me how fast time goes as you age. I didn't notice it back then but I sure notice it now! I can't believe 35 years with Murray City has gone by so quickly! I look forward to traveling and starting a new career. I plan to take my first year of retirement off and then I'll see what new career path might be in my future. My last day of work will be July 18 when the annual volunteer banquet is scheduled but I hope you will all stop by on July 15 when we have a little farewell party. I want to thank everyone for making these past 35 years so wonderful. I have been truly blessed and words can't express how much I appreciate everyone's friendship and support. Good luck in the future and remember to stay young by staying involved! — Susan

**Fundraiser**

Saturday, June 11

**Yard Sale 8-Noon**

Car Show 9-1:00 

\$3 Pancake Breakfast

\$3 Hotdog Lunch

Entertainment

The Jensen's 9-10

Tony Summerhays 10:45-12:15

☺ **Bring family & friends!**

☺ **Donate your yard sale items today.**

☺ **Volunteers needed.**

☺ **Car Show entry forms at the front desk. \$10 in advance or \$15 day of the show.**

Bring Dad to the Car Show for Father's Day!

Summer Brunch Café begins on Monday, June 20 at 10:00-Noon

June

2016

Heritage
Center
Events

Heritage

Center

#10 E. 6150 S.

(West of State)

801-264-2635

www.murray.utah.gov

heritage@murray.utah.gov

We are here to
serve you

Monday-Friday

8:00-4:30 and

Thursday until
10:00 PM

Monday		Tuesday	
<div>Fundraising Event</div> <div>Yard Sale & Car Show—Saturday, June 11</div> <div>\$3 Pancake Breakfast—8:00-10:30 \$3 Hot Dog Lunch—10:30-1:00</div> <div>Entertainment: The Jensens 9-10, Tony Summerhayes 10:45-12:15</div> <div>Invite Family & Friends</div>			
9:00 NIA	6	8:30 Ceramics	7
9:00 Computer Help		9:00 Stretch/Haircuts	
10:15 Pickleball		9:30 Line Dancing/10:00 Tracy Aviary	
10:30 Meditation		10:30 Tai Chi	
11:00 Bridge Lessons		10:30 Climbing the Peaks	
12:30 Beginning Genealogy Class		11:00 Canasta	
1:00 Movie: Star Wars Episode VII		11:30-12:30 Lunch	
2:00 Strength Conditioning		12:30 Exercise Help	
		12:45 Crafts	
	2:00 Beginning Line Dancing		
7:30 Golf/Glenmoor	13	8:30 Ceramics	14
9:00 NIA		9:00 Stretch/Haircuts	
9:00 Computer Help		9:30 Line Dancing	
10:00 Tuacahn Trip Leaves		10:30 Tai Chi	
10:15 Pickleball / 10:30 Meditation		11:00 Canasta	
11:00 Bridge Lessons		11:30-12:30 Lunch	
12:30 Beginning Genealogy Class		12:30 Exercise Help / 12:45 Crafts	
1:00 Movie: Joy		1:30 Attorney Consultations	
2:00 Strength Conditioning		2:00 Beginning Line Dancing	
7:00 Family Concert: Shanahy	2:00 Wood Craft		
9:00 NIA	20	8:30 Ceramics	21
10:00 Brunch Cafe		9:00 Stretch/Haircuts	
10:15 Pickleball		9:30 Line Dancing	
10:30 Meditation		10:30 Tai Chi	
11:00 Bridge Lessons		10:30 Summer Wellness Class	
12:30 Intermediate Genealogy Class		11:00 Canasta	
1:00 Movie: Victor Frankenstein		11:30-12:30 Lunch	
2:00 Strength Conditioning		12:00 Medicare / 12:30 Exercise Help	
		12:45 Crafts	
	2:00 Beginning Line Dancing		
8:00 Golf/Wasatch	27	8:30 Ceramics	28
9:00 NIA		9:00 Stretch/Haircuts	
10:00 Brunch Cafe		9:30 Line Dancing /AARP Driving	
10:15 Pickleball		10:30 Tai Chi /Vital Aging	
10:30 Meditation		11:00 Canasta	
11:00 Bridge Lessons		11:30-12:30 Lunch	
12:30 Intermediate Genealogy Class		12:30 Exercise Help	
1:00 Movie: The Letters		12:45 Crafts	
2:00 Strength Conditioning		2:00 Beginning Line Dancing	

Wednesday	Thursday	Friday
9:00 Painting 9:15 Pinochle 10:00 Yoga 10:30 Transportation 11:15 Chair A'Robics 11:30-12:30 Birthday Lunch 12:30 Beginning Genealogy Class 12:45 Bingo 1:00 Bridge	8:00 Pickleball Lessons 8:30 Ceramics 9:00 Stretch & Tone/Pickleball 10:30 Tai Chi 11:00 Blood Pressure 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Happy Hats Trip 2:00 Strength Conditioning 7:00 Dance	9:00 Zumba 10:00 Yoga 10:30 Neck Pain& Headaches 11:15 Chair A'Robics 11:45 Massage 11:30-12:30 Lunch 12:30 Reader's Theater 12:45 Bingo 1:00 Bridge
9:00 Painting 9:15 Pinochle 10:00 Yoga 10:30 Transportation 11:15 Chair A'Robics 11:30-12:30 Lunch 12:30 Beginning Genealogy Class 12:30 Learn More about Nutrition 12:45 Bingo 1:00 Bridge	8:00 Pickleball Lessons 8:30 Ceramics 9:00 Stretch & Tone/Pickleball 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Readers Theater Performs 12:30 Exercise Help 2:00 Strength / Planetarium Trip 3:30 Jam Session 5:30 AMP: Brain Health 7:00 Dance /UTE RC	9:00 Zumba 10:00 Yoga 10:30 Clear Captions 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:30 Reader's Theater 12:45 Bingo 1:00 Bridge Yard Sale Car Show—tomorrow!
9:00 Painting 9:15 Pinochle 10:00 Yoga 10:30 Transportation 11:00 Blood Pressure/Ask A Nurse 11:15 Chair A'Robics 11:30-12:30 Lunch 12:30 Beginning Genealogy Class 12:30 Finding Joy After Loss 12:45 Bingo 1:00 Bridge	8:00 Pickleball Lessons 8:30 Ceramics 9:00 Stretch & Tone/Pickleball 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Happy Hats 2:00 Strength Conditioning 7:00 Dance	9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 NO Massage 12:30 Reader's Theater 12:45 Bingo 1:00 Bridge
9:00 Painting 9:15 Pinochle 10:00 Yoga 10:30 Transportation 11:15 Chair A'Robics 11:30-12:30 Lunch 12:30 Intermediate Genealogy Class 12:45 Special Summer Bingo 1:00 Bridge	8:00 Pickleball Lessons 8:30 Ceramics 9:00 Topaz Trip 9:00 Stretch & Tone/Pickleball 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Exercise Help 2:00 Strength Conditioning 7:00 Dance	9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 NO Massage 12:00 SLN/Channel Islands 12:30 Reader's Theater 12:45 Bingo 1:00 Bridge
9:00 Painting 9:15 Pinochle 10:00 Yoga 10:30 Transportation 11:15 Chair A'Robics 11:30-12:30 Lunch 12:30 Intermediate Genealogy Class 12:45 Bingo 1:00 Bridge	8:00 Pickleball Lessons 8:30 Ceramics 9:00 Stretch & Tone/Pickleball 9:30 Toe Nail Clippings 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Exercise Help 2:00 Strength Conditioning 7:00 Dance	<div> Calling all Murry High School Alumni! Murray High is celebrating 100 years and they are looking for older alumni. If you graduated from Murray High, call Mary Ann Kirk, Murray Cultural Arts Director, at 801-264-2638 or mkirk@murray.utah.gov </div>

Program Reminders

some programs require reservations

Recreation

Jam Session — Thursday, June 9 at 3:30

Pickleball — Monday 10:15-12:00 and Thursday beginners at 8:00, others 9:00-11:00

Reader's Theater — Fridays at 12:30

Wendover — Thursday, July 14 from 8:30am to 7:00pm — \$17

Golf — June 13 Glenmoor, June 27 Wasatch, July 11 Rose Park

Reader's Theater performs June 9 at 12:30

Services

Blood Pressure /Ask A Nurse— Thursday, June 2 or Wednesday, June 15 from 11:00-12:00

Attorney — Tuesday, June 14 at 1:30

Computer Help on Mondays

Massage Therapy — Fridays 11:45-3:45

Toe Nail Clippings — Thursday, June 30 at 9:30-11:30 — \$10 register now

Classes

Neck Pain & Headaches—Friday, June 3 at 10:30

Climbing the Peaks—Tues, June 7 at 10:30

Wood Craft: Firecrackers — Tuesday, June 14 at 2:00 — Cost is \$5 (Register now)

Finding Joy After Loss—Wednesday, June 15 at 12:30

Medicare Counseling — Tuesday, June 21 at 12:00 (Register now)

Senior Learning Network — Channel Islands—Friday, June 24 at 12:00

Vital Aging: Looking out for the Well-being of Yourself and Others — Tuesday, June 28 at 10:30

AARP Smart Driving — Tuesday, June 28 at 9:30

Exercise every day — check the front desk for a schedule of classes

New June Classes

Learn More about Nutrition

On **Wednesday, June 8 at 12:30**, a representative from Integrated Wellness will be at the Center to share their knowledge about Nutrition. Free class, register now.

Brain Health—Everyone is welcome

On **Thursday, June 9 at 5:30 PM** you will have an opportunity to meet Kevin Duff, PhD, ABPP Neuropsychologist from the University of Utah who will talk about Brain Health. The class is sponsored by S.L. County Active Aging and is a continuation of the AMP program. AMP alumni and all other interested participants are welcome to attend and learn more about Brain Health. This is a free class, register now.

Clear Captions Class

On **Friday, June 10 at 10:30**, a representative from Clear Captions will be at the Center to educate everyone with hearing loss about the Clear Captions **Free** telephones with a built in ANSWERING MACHINE AND AMPLIFIED SPEAKER PHONE. Clear Captions is a federally funded telecommunications company which provides captioning telephones to anyone in the U.S. with any type of a hearing loss. Register now, this is a free class.

Summer Wellness Class

On **Tuesday, June 21 at 10:30**, Rosemary Martineau will be introducing you to Essential Oils in a new way. Essential Oils are widely used and known for their physical health benefits, but few really understand the full scope of their possible healing capabilities. The class will explore essential oils as powerful emotional healers, and will teach you how they can empower you to take charge of your emotional health. The information given in the class is not intended to diagnose or treat mental health illnesses; for that you should obtain advice from mental health care professionals. This is a free class, register now.

Summer Painting Classes

Teri Wood-Elegante will teach a new eight-week oil painting/watercolor class starting on **Wednesday, July 6 from 9:00-12:00**. Class runs through August 24. The cost is **\$40** and payment is needed in advance. Space is limited and registration begins on June 28.

John Fackrell will teach a new six-week watercolor class on Oceanscapes starting on **Monday, July 11 from 9:00-12:00**. Class runs through August 22. The cost is **\$33** and payment is needed in advance. Space is limited and registration begins on June 27. NOTE: There will not be a Thursday

Beginning June 2, the Thursday Evening Dance will run from 7:00 pm until 9:30 pm — The Center will be open until 10:00.

June 2016—Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a *special event

Lunch is served anytime between 11:30 – 12:30

Pay and make your selection when you are ready to eat.

If the main entrée doesn't appeal, try a sandwich or salad option.

Prices range from \$2.00 - \$4.00

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		CHICKEN CHIPOLTE PASTA Fajita Salad Birthday Cake & Ice Cream	CHICKEN SHAWARMA Cucumber Salad Grasshopper Pie	POT ROAST Mashed Potatoes and Gravy, Veggie Berry Napoleon
6	7	8	9	10
NO LUNCH	PARMESAN PORK CHOP Roasted Potatoes Zucchini Fudge Brownie	HERB TILAPIA Fresno Potatoes Broccoli Carrot Cake	CUBAN SANDWICH Oven Fries Fruit & Cake Salad	LEMON BUTTER CHICKEN Dill Mashed Potatoes, Peas Banana Oreo Cupcake
13	14	15	16	17
NO LUNCH 7:00 pm Family Concert	PASTA BOLOGNESE Chopped Salad Breadstick Texas Tornado Cake	BLT BBQ Salad Tropical Fruit Trifle	CASHEW CHICKEN Rice, Veggie Lemon Cookie	PORK RIBS Baked Beans Coleslaw Millionaire Pie
20	21	22	23	24
Brunch Café 10:00 – 12:00	SHRIMP PO'BOY Pasta Salad Apple Spice Cake	CHICKEN FRIED STEAK Mashed Potatoes and Gravy, Carrots Chocolate Pistachio Cupcake	CARNITAS ENCHILADAS Cilantro Salad Macaroons	FISH TACO Corn Salad Banana Split Pie
27	28	29	30	
Brunch Café 10:00 – 12:00	GARLIC CHICKEN Parmesan Potatoes Green Salad Chocolate Oreo Cake	MEATLOAF Baked Potato Broccoli Peach Cobbler	ONION BACON BRATWURST Macaroni Salad, Fruit Rocky Road Cookie	